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PAGE 25

Panel silences sex assault victim

Former Ashbury student's victim impact statement not allowed at teachers' disciplinary hearing

PAGE 3

Nurse exposed to Ebola should not have flown: CDC

Officials contacting other passengers on plane

PAGE 10

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Ottawa-area women Jane Van Crikingen, left, and Virginia Schwartz are missing after an avalanche in Nepal that killed 12 people. FACEBOOK

Local women missing after avalanche

Nepal. Six Quebecers also missing, according to Radio Canada



JOE LOFARO

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Two women from the Ottawa area are among a group of Canadians who have gone missing following a deadly avalanche and blizzard in Nepal that killed 12 people.

Virginia Schwartz, 37, of Pontiac, and her friend Jane Van Crikingen, of Ottawa, were hiking in the area. Van Crikingen works in Ottawa at Public Safety Canada.

An avalanche buried four Canadians and one Indian trekker in the Phu area of Nepal. Their bodies have been recovered, the Trekking Agencies' Association of Nepal said in a statement to the Toronto Star on Wednesday.

The identities of the dead have not been released. At least

three Canadians have been rescued by trekking company Panorama Himalaya.

Three of the trekkers killed in the avalanche on Wednesday were hiking with Panorama Himalaya, while the fourth, a Canadian woman, was with Nepal Hidden Treks.

Schwartz's brother, Mark, told Metro he created a Facebook page to spread word about his sister's travel plans. He said he is exchanging messages with the Department of Foreign Affairs, Trade and Development (DFATD), but has not yet received any updates.

DFATD said in a statement it is aware of the incident in Nepal and their thoughts are with the families affected by the avalanche.

"Canadian consular officials are in contact with local authorities to obtain more information and provide assistance," the statement read. "To protect the privacy of affected individuals, we cannot release further details at this time."

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Ashbury sex-assault victim is silenced in proceedings

College of Teachers.
Impact statement not accepted, penalty for teachers still pending



JESSICA
SMITH CROSS
Metro in Toronto

A former high school student who was sexually assaulted on a school trip seven years ago had his victim impact statement refused by an Ontario College of Teachers panel responsible for disciplining two of his former teachers.

The young man, who can't be identified for being the victim of a sexual assault, was attacked by two classmates from Ashbury College, while another videoed the assault and a fourth watched, in a Boston hotel room in 2007.

Ian Middleton and Alyssa Novick were found guilty of professional misconduct earlier this year by the OCT, for delaying a call to the student's parents at home in Ottawa.

By the time the victim's par-

In detail

The two teachers were found guilty of professional misconduct earlier this year.

- **Still there.** Both Middleton and Novick continue to teach at Ashbury College.
- **Pending.** No date has been given for a decision on their penalties.



The Ontario College of Teachers has yet to decide on a penalty for two Ashbury College teachers who were found guilty of professional misconduct for delaying contact to the parents of a student, after he was sexually assaulted on a field trip to Boston in 2007. JESSICA SMITH CROSS/METRO

ents were called, six or seven hours later, a third teacher had begun taking the two main perpetrators and the video evidence back to Canada.

On Wednesday, the panel refused to accept the victim's statement, on the advice of lawyers. The panel was told the statement was highly critical of the teachers and of Ashbury College, going beyond the professional misconduct charge.

The teachers' lawyer, Peter Engelmann, told Metro the panel would have trouble dis-

regarding what was said in the statement if it were put into evidence.

The panel has not yet decided on the teachers' penalties.

College of Teachers lawyer Eli Mogil — whose role is similar to that of a prosecutor — asked for the teachers to be given an official reprimand and

be made to take an approved training course in order to keep their teaching licences.

Mogil also asked that the details of the panel's misconduct decision be published in the College's magazine along with the teachers' names, and remain linked to them on the official College of Teachers'

register.

Engelmann, whose role is similar to a defence lawyer, asked that the teachers be given an admonishment rather than a reprimand, not have to take the course, and have the decision removed from the register and not published in the magazine.

No charges in Cantley pedestrian death



MARYSE BEAULNE CONTRIBUTED

The driver of the second vehicle involved in the death of Maryse Beaulne has been identified, according to the police of the MRC des Collines-de-l'Outaouais.

Beaulne, a student at the CEGEP de l'Outaouais, died after being struck by two vehicles while crossing Highway 307 in Cantley.

A 25-year-old Val-des-Bois man "voluntarily contacted the

police and was met by investigators," according to a police press release on Wednesday.

"The interview shed some light on several important and missing details related to the investigation," according to the press release.

Police had previously announced on Twitter that the driver of the second vehicle had been identified on Wednesday

morning, a day after Maryse Beaulne was struck and killed.

According to the police, Beaulne was crossing the road to catch a bus around 6:30 a.m. when a northbound pickup truck clipped her. The impact sent the student into the southbound lane where a second vehicle ran her over and kept driving.

The driver of the pickup

truck stopped immediately and witnessed the second car hitting the girl, police said.

No charges have been laid yet and police are not calling the event a hit-and-run.

Beaulne was a student at CEGEP de l'Outaouais. She was remembered as a "remarkable" artist, according to a Facebook page created in her honour.

LUCY SCHOLEY/METRO

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Candidates have their say. Traffic's the word in Ward 9

When it comes to Ward 9 issues, traffic tops the list.

Just two candidates are facing off for the Knoxdale-Merivale seat — incumbent and lawyer Keith Egli and electrical engineer Cristian Lambiri.

Metro Ottawa asked Egli and Lambiri: What do you think is the top issue for your ward? If elected, what will you do to address this issue?

Here are their written responses.

Keith Egli:

Traffic is a significant issue in the ward. If re-elected I will advocate for ward-specific funds for traffic calming.

I will also hold a traffic open house in 2015 with city traffic staff, OPS and community members. This will allow for a ward-based discussion of concerns, potential solutions, and the role of city and OPS staff in problem solving.

The city needs to understand residents' concerns and residents need to know what tools are available to fix the problems. The open house will help to facilitate this process.

Cristian Lambiri:

Traffic congestion on Merivale, Greenbank and Woodroffe has continuously increased as our sister community to the south, Barrhaven, is rapidly increasing in size. According to the city's own documents, Barrhaven's population will have the second-largest growth of all communities in Ottawa. Yet the employment growth will be higher inside the Greenbelt.

It follows that unless addressed, the congestion on Merivale, Greenbank and Woodroffe will increase. Merivale is currently undergoing a densification study. Considering the current state of traffic on Merivale, I would consider it a no-brainer to have a traffic assessment as part of the intensification study. To my knowledge, this has not happened.

Proper planning and allocation of resources can solve traffic congestion. As it stands, we are building LRT lines that end in the middle of nowhere.

The municipal election is Oct. 27.

LUCY SCHOLEY/METRO



Ward 9 Knoxdale-Merivale candidates Cristian Lambiri, left, and incumbent Keith Egli. CONTRIBUTED



Mayoral candidate Mike Maguire talks development outside the old Our Lady School Wednesday. STEVE COLLINS/FOR METRO

Maguire vows better planning

City development.
Mayoral candidate wants to speed up approval process, put Ottawa businesses first



STEVE COLLINS

ottawa@metronews.ca

Mayoral candidate Mike Maguire picked a long-derelict school in Lowertown as the backdrop for a chat about his economic development policy for the city.

The former Our Lady schoolhouse, plastered with a large Maguire campaign sign and finally slated for redevelopment after decades of neglect and conflicts between the owner and the city, is, he insisted, a "good news story."

Maguire's economic development plan:

- Fix the expense, delay and complexity involved in getting simple planning permission.
- Address problems with "spot re-zoning," which Maguire says has placed inappropriate development in neighbourhoods.
- Curb "vastly over-engineered infrastructure" in advance of normal development, which

Maguire says is expensive and opens communities to aggressive expansion when developers use the expanded infrastructure as a justification for an Ontario Municipal Board challenge.

- Establish an "Ottawa First" procurement policy that favours businesses that are based in Ottawa, employ people in Ottawa, and pay taxes in Ottawa.

"We're within months of having productive, substantive work done here to remove this eyesore," he said, adding that the project means jobs and housing — and maybe a lesson about how to handle development better.

"Let's recognize one of the reasons this property was derelict for so long was the complexity of the planning process," he said. "The developer doesn't want a building sitting here looking like that. That doesn't put a penny in his pocket."

Maguire said he would like to see faster approvals for development applications, with the same city staffers dedicated to a project from beginning to end.

While he wants to streamline the approval process, Maguire also wants to give developers fewer exemptions from community design plans and cut down on "spot re-zoning," such as the nine-storey condo building council approved on low-rise Norman Street in Little Italy.

He would also give Ottawa-based businesses preferential treatment when they bid on city contracts.

"We need to have a comprehensive strategy in place so that we take care of our own people first, within reason," he said, "while recognizing that the preferred solution is an open market."

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'It's easy, it's fun and it's philanthropic'

'Not for the faint of heart.' Haunted house event raises money for local children's hospital



JOE LOFARO

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Fundraising

Last year 10,000 people helped raise \$65,000 for CHEO, said Thurlbeck.

This year's event builds upon the success of last year's haunted house, which told the story of Mordena Stillwater, a 23-year-old woman who was sentenced to a secure facility following a murderous rampage.

Fury of the Fallen: The Darkness Inside continues the story, with Stillwater being transferred to the derelict "Baxter Asylum" due to renovations being done on the treatment facility to which she was sentenced.

"It's not for the faint of heart," warned Joanne Thurlbeck, community fundraising manager at Funhaven.

"Mordena is trying to dredge up some sheer horror for all the guests who are in there looking for her."

Funhaven is once again donating 50 per cent of proceeds from ticket sales to the Doc and Woody Children's Hospital of Eastern Ontario (CHEO) Fund, which raises money for operating rooms at the hospital.

A team of 200 volunteers has been working on the setup since September ahead of the opening on Thursday.

The attraction will include live actors and props, and is not recommended for guests under the age of 14.

"It's Funhaven's goal to provide with this particular experience world-class entertainment, and we're doing in exchange for donations and making it a full community event," said Thurlbeck. "It's easy, it's fun and it's philanthropic."

Fury of the Fallen runs today through Sunday, then continues Oct. 23-26 and Oct. 28-31.



Funhaven is clearing the cobwebs on its newest Halloween attraction on Ottawa's Baxter Road and is inviting brave souls to wander through "Baxter Asylum," which opens to the public this week. CONTRIBUTED

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Internal investigation**Ottawa police officer charged with criminal harassment**

A 42-year-old Ottawa police officer has been suspended from the force after being charged with criminal harassment relating to a domestic incident.

Ottawa police said in a news release issued Wed-

nesday afternoon the officer was arrested on Oct. 10 and his identity will not be released in order to protect the privacy of the alleged victim.

The incident is also the subject of an internal investigation by the force's own Professional Standards Section.

Police said they could not comment on the case any further because it is now before court.

JOE LOFARO/METRO

Best Ottawa Business**Roger Greenberg to receive Lifetime Achievement Award**

Minto Group executive chairman Roger Greenberg will be honoured with the Lifetime Achievement Award at the 2014 Best Ottawa Business Awards.

This year has been a memorable one for Greenberg, a partner in the Ottawa

Sports and Entertainment Group that was behind the renovation of Lansdowne Park, the reintroduction of CFL football and the launch of a professional soccer franchise.

Greenberg has worked for Minto, the family business, since 1985, eventually taking over the leadership from his father Gilbert and uncle Irving.

The awards gala will be held Nov. 20 at the Ottawa Convention Centre. **METRO**

Man guilty of assisting suicide gets jail time

William Melchert-Dinkel.

Former Minnesota nurse encouraged Carleton University student to kill herself

'Thrill of the chase'

Authorities said Melchert-Dinkel was obsessed with suicide and hanging and sought out potential victims online. When he found them, prosecutors said, he posed as a female nurse, feigned compassion and offered step-by-step instructions on how they could kill themselves. Court records show Melchert-Dinkel told police he did it for the "thrill of the chase."

A former nurse in Minnesota who admitted to going online years ago and preying upon suicidal people — encouraging two to take their lives — must serve nearly six months in jail as part of a sentence handed down Wednesday.

William Melchert-Dinkel was sentenced to three years in prison in the deaths of an English man and Carleton University student Nadia Kajouji, but he won't have to serve the prison term if he complies with conditions of his probation that include the jail time.

In Minnesota, state prisons house serious offenders while local cells are for less serious offenders.

Melchert-Dinkel must report to jail on Oct. 24.

"I am sorry ... for my actions and what I have done," Melchert-Dinkel said in court before he was sentenced.

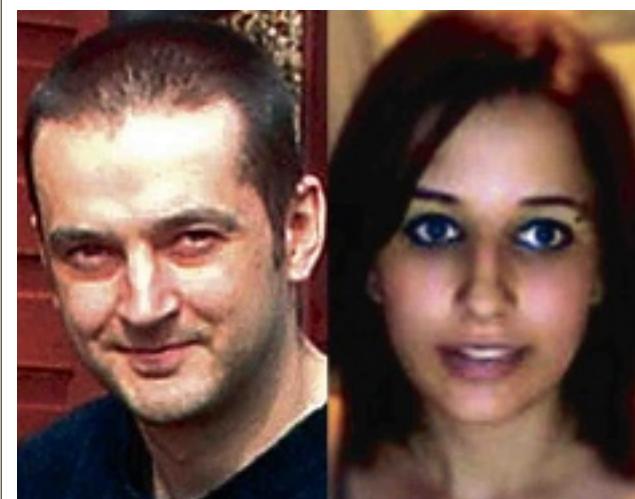
"I have repented."

The 52-year-old was convicted in September of one count of assisting a suicide and one count of attempting to assist a suicide in the deaths of Mark Drybrough, 32, of Coventry, England and Kajouji, 18, of Brampton.

The convictions came after the Minnesota Supreme Court narrowed the state's assisted-suicide law and reversed earlier convictions.

Kajouji jumped into a frozen river in 2008. Drybrough hanged himself in 2005.

THE ASSOCIATED PRESS



Shown in file photos are Mark Drybrough, left, of Coventry, England, and Nadia Kajouji, of Brampton, Ont. William Melchert-Dinkel, a former nurse who admitted to going online and encouraging Drybrough and Kajouji to kill themselves, was ordered Wednesday to serve 178 days in jail.

THE ASSOCIATED PRESS FILE

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Brigitte D'Auzac from Historica Canada, left, and MP Costas Menegakis, parliamentary secretary to the minister of citizenship and immigration, participate Tuesday in the Citizenship Bingo event at the Chateau Laurier in Ottawa. COURTESY CITIZENSHIP AND IMMIGRATION CANADA

Try some questions

1 In what year did Confederation take place?

2 What is Canada's official winter sport?

3 In what year was basketball invented by Canadian James Naismith?

4 What is the highest military honour available to Canadians?

5 Who was the first female Member of Parliament in Canada?

Answers

1: 1867; 2: Hockey;

3: 1891; 4: The Victoria Cross; 5: Agnes Macphail

Could you pass a citizenship test?

Students take the challenge. Quiz a part of 30-year Encounters with Canada program

 LUCY SCHOLEY
lucy.scholey@metronews.ca

Can you name Canada's first head of responsible government or the first European to explore the St. Lawrence River?

If not, then you may know less about Canada than most of its newest citizens.

About 140 students from

across the country were put to the Citizenship Challenge on Wednesday in the form of a bingo-style game at the Chateau Laurier in Ottawa. The students answered questions similar to those in a Discover Canada citizenship test.

The game was arranged via Historica Canada, probably best known for its Heritage Minutes commercials. The independent group is dedicated to raising awareness of Canadian history and citizenship.

Michael Waugh, a 15-year-old from Blackville, N.B., won the citizenship bingo round.

Preparation

You have to know your stuff and your background.

Michael Waugh, 15, from Blackville, N.B., who won the citizenship bingo round

felt the pressure onstage during the lightning round.

He said he came out realizing how hard it is for new immigrants to become Canadian citizens.

"You have to know your stuff and your background," he said.

Waugh and his fellow stu-

dents were participating in Historica Canada's 30-year-old Encounters With Canada program. It brings teens from across the country to the capital for a week of activities, career planning and tours of historical institutions.

"It's a chance for them, first of all, to meet other students from across the country," said Brigitte d'Auzac, director of programs and communications. "It's just a great way to learn about each other and learn about Canadians."

Historica Canada runs Encounters with Canada programs every week of the school year.



From left: Brigitte d'Auzac, director of programs and communications with Historica Canada; second-place winner Micaela Sabeen; first-place winner Michael Waugh; and Parliamentary Secretary Costas Menegakis.

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Nurse exposed to Ebola should not have flown: CDC

Passengers contacted.

Federal health agency says the health-care worker flew from Texas to Ohio before testing positive for the disease

A top federal health official said Wednesday that a Texas nurse exposed to the Ebola virus should never have taken a flight from Cleveland to the Dallas area. She has now been diagnosed with Ebola and officials are now contacting other passengers on the plane.

"The level of risk to people around her would be extremely low," said Dr. Tom Frieden, director of the Centers for Disease Control and Prevention.

The worker is the second to be infected after treating a Liberian man who died of Ebola last week.

Frieden says the health care worker travelled to Ohio before she knew that the first nurse had been diagnosed. The unidentified nurse flew



A Frontier Airlines employee directs passengers at Cleveland Hopkins International Airport Wednesday in Cleveland, Ohio. Health officials aren't sure how many people came into contact with a Texas nurse as she visited family in the Akron area days before being diagnosed with Ebola in Dallas.

TONY DEJAK/THE ASSOCIATED PRESS

to Cleveland on Friday, the same day a colleague, nurse Nina Pham, was hospitalized.

Pham's diagnosis with Ebola was disclosed on Sunday.

The second nurse returned to Texas on Monday on Frontier Airlines Flight 1143 from Cleveland to Dallas-Fort Worth with 132 other passengers, according to the CDC.

The airplane's crew said she had no symptoms of Ebola during her return flight on Monday. But Tuesday morning she developed a fever and on Tuesday night tested positive for Ebola.

THE ASSOCIATED PRESS

Nurses treating Ebola patient complain of unsafe conditions

A Liberian Ebola patient was left in an open area of a Dallas emergency room for hours, and the nurses treating him worked for days without proper protective gear and faced constantly changing protocols, according to a statement released late Tuesday by the largest U.S. nurses' union.

Nurses were forced to use medical tape to secure openings in their flimsy garments, worried that their necks and heads were exposed as they cared for a patient with explosive diarrhea and projectile vomiting, said Deborah Burger of National Nurses United.

Burger convened a conference call with reporters to relay what she said were concerns raised by nurses at Texas Health Presbyterian Hospital, where Thomas



Nursing student Mathew Jacob participates in a refresher course on personal protective equipment at the Brookhaven College School of Nursing in Farmers Branch, Texas, on Tuesday. ANDY JACOBSON/DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Eric Duncan — the first person to be diagnosed with Ebola in the U.S. — died last week.

Duncan died Oct. 8, and the hospital said Sunday that one of his nurses had tested positive for Ebola. She is hospitalized and

was listed Tuesday in good condition. On Wednesday, Texas health officials announced that a preliminary test indicated a second, unidentified health care worker at the hospital had been infected with the disease.

THE ASSOCIATED PRESS



Lucie Aylwin and fiancé Gary Gendron.
Aylwin died following the mall's collapse. **HANDOUT/THE CANADIAN PRESS**



Doloris Perizzolo died in collapse
HANDOUT/THE CANADIAN PRESS

Lives lost

Two years after the collapse of Algo Centre Mall, the community as a whole and those close to the victims have been given some measure of closure with the report's release.

• **Tragic Saturday.** In June 2012, the rooftop parking deck, after decades of penetrating, rust-causing water compromising it, finally crashed down.

• **Two victims.** Trapped in the rubble were Doloris Perizzolo, 74, and Lucie Aylwin, 37. Nineteen others were injured. While Perizzolo's death was deemed quick, Aylwin might have lived for as long as 39 hours.

• **Aylwin alive?** Commissioner Belanger concluded as much, stating responsive tapping and a muffled voice was heard by search dogs.

• **Possibility of rescue.** Belanger says Aylwin's rescue was possible, but says "we will never know for sure."

• **Aylwin's fiancé.** "It's sad and it feels good at the same time," said Gary Gendron. "I feel a little bit better, somewhat of a closure."



Rescue workers remove their hard hats as firefighters carry a second body out of the Algo Centre Mall in Elliot Lake, Ont., on June 27, 2012. Commissioner Paul Belanger reported this week on the deadly tragedy of the northern Ontario mall. He and his team have spent months sorting through numerous claims, counter-claims and finger pointing as to who was to blame for the tragedy.

NATHAN DENETTE/THE CANADIAN PRESS

Elliot Lake mall report shows decades of neglect: Belanger

Algo Centre inquiry. Findings show poor construction, dishonest owners, engineers and inspectors contributed to 2012 roof collapse

Decades of incompetence, neglect, greed and dishonesty by successive owners, engineers and municipal officials led to the deadly cave-in of a northern Ontario mall two years ago, a judicial inquiry reported.

Released Wednesday, the report is a scathing indictment of those who allowed the Algo Centre Mall to rust to the point of collapse. Commissioner Paul Belanger pulled few punches in holding those responsible to account.

"Although it was rust that defeated the structure of the Algo mall, the real story behind the collapse is one of human, not material, failures," Belanger told scores of residents at a community centre.

"Some of these failings were

minor, some were not; they ranged from apathy, neglect and indifference through mediocrity, ineptitude and incompetence, to outright greed, obfuscation and duplicity."

What is clear is the disaster began unfolding in the 1970s. The mall, Belanger concludes, was "doomed to early failure" while still in its planning stages.

Putting parking on the roof was a bad idea. A defective roof design — using an untested combination of materials — made matters much worse.

"The system was a dismal failure from the moment it was installed," the report states.

Ironically, the mall seldom lacked for professional oversight from architects and engineers, with 30 visits, inspections and reports over its 33-year life.

However, the scrutiny never translated into a proper fix for the leaks that prompted some to dub the centre the "Algo Falls." No one appeared to realize how severely the rust would compromise the integrity of the structural steel.

Some of the engineers involved simply forgot the "moral

and ethical foundation" of their vocation and, Belanger concludes, were more concerned with pandering to clients than with protecting the public.

"Their inspections were so ... incomplete as to be essentially meaningless," he said.

The commissioner was particularly critical of Robert (Bob) Wood, the engineer who signed off on the health of the mall weeks before it collapsed. His work and conduct, Belanger says, were "markedly inferior."

Wood, who faces criminal charges in connection with the collapse, said he falsified his report to the owner.

According to the commission, the mall's various owners hid the problems, then tried to sell their way out of them when patchwork fixes failed. Profit considerations trumped all other concerns, Belanger said.

In all, the report from the \$20-million inquiry makes 71 recommendations, including setting minimum maintenance standards for buildings, beefed-up inspections, and expanded emergency response capability.

THE CANADIAN PRESS

Analysis

Emergency response team praised

Belanger is effusive in his praise for the initial local emergency response. His view of the provincial heavy urban search and rescue team that was called in — despite the good intentions and courage of its members — is far more jaundiced.

The team deployed without sufficient numbers, without a proper plan or command structure, and treated family members and the community poorly, he says.

They also ignored an offer of help from experienced mine rescuers.

They called off the search due to the dangerous conditions instead of simply putting the effort on hold while they considered all

other options.

The rescue effort, he says, was not a model others should strive to emulate.

"Ontario's urban search and rescue system needs a careful re-examination to provide better overall coverage and quality of service," Belanger concludes.

He does, however, praise then-premier Dalton McGuinty for getting the rescue effort restarted.

Provincial police said they had made improvements to their crisis response, including mandatory training for major critical incident teams who are now deployed throughout the province.

In response to the report's release, the Ontario government promised a quick review of the recommendations to ensure the province is better prepared for any emergency.

THE CANADIAN PRESS

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People protest on the campus of Utah State on Wednesday in Logan, Utah. The state's gun laws are in the spotlight after feminist speaker Anita Sarkeesian cancelled a speech at the university once she learned the school would allow students to carry concealed firearms despite an anonymous threat against her. RICK BOWMER/THE ASSOCIATED PRESS

Sarkeesian critical of school's relaxed safety measures

Gun violence.

Canadian blogger got mass shooting threats, but Utah State refused to prevent people from carrying guns into her lecture

received a threatening email Monday, vowing to carry out a mass shooting unless the lecture was cancelled.

According to the Standard Examiner in Ogden, Utah, the threats directly referenced the 1989 shooting at Montreal's École Polytechnique. In that incident, 25-year-old Marc Lépine announced he was "fighting feminism" before murdering 14 women at the school.

The author of the email referred to Sarkeesian as "a craven little whore" and boasted about possessing "a semi-automatic rifle, multiple pistols, and a collection of pipe bombs."

Sarkeesian — whose Feminist Frequency blog critiques how women are portrayed in popular culture and video games — was set to speak at Utah State University Wednesday evening. However, school officials



Anita Sarkeesian CONTRIBUTED

"It's sort of mindboggling to me that they couldn't take efforts to make sure there were no guns in an auditorium that was threatened with guns and a mass shooting," Sarkeesian said. "I don't understand how they could be so cut-and-dried about it."

LUKE SIMCOE/METRO ONLINE WITH FILES FROM THE ASSOCIATED PRESS

McDonald's in N.B. investigating game of hide and squeak

A not-so-mice surprise.
N.B. man in 'disbelief' after he says he found a mouse in his coffee cup

Ron Morais takes his McDonald's coffee black: no cream, no milk. And certainly no mouse.

The New Brunswick man is looking for answers from the fast-food giant after saying he found a dead rodent at the bottom of his McDonald's coffee.

Morais, who lives in New Maryland, said he ordered the medium black coffee Monday from a McDonald's in nearby Fredericton on his way to work.

The 57-year-old said he didn't notice anything unusual until he popped the lid off to enjoy the last few sips.

"It was disbelief," he said. "And then, 'Oh my God! There's a mouse in my cup!'"

Morais said the small mouse was wedged in the bottom of the cup with what appeared to be rodent feces. He said it was too tiny to notice the extra weight, but there was no doubt about what it was.

"Tail, whiskers, sort of dark grey or almost brown," he said. "The way it was situated in the coffee cup, the nose

was squished up against one side and its butt against the other. So it was almost like it was stuck to the bottom of the cup because it wasn't moving around."

He said one co-worker peered inside the cup and thought Morais was pulling an early Halloween prank with a fake mouse. Another colleague turned green, he said.

"When she looked she almost woofed her cookies," he said. "I felt a little queasy myself."

McDonald's Canada said it takes allegations involving cleanliness and sanitation seriously and that upon learning of the situation, the local franchisee immediately began an investigation, including working with the local public health authority. Both the health authority and an independent inspection by a pest control company found no evidence of pest problems in or outside the restaurant, McDonald's Canada said.

"We are continuing to



To hear from Karen herself, scan her photo with your Metro app.



20% of women avoid celebrating birthdays because of their age.

Shouldn't every age feel beautiful?

Karen, 39 today

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Pennsylvania

Man says he assaulted dentist with tire iron to get free dental care in prison

A Pennsylvania man says he assaulted his dentist with a tire iron because he couldn't afford dental treat-

ment and knew he'd get it in prison.

The Erie Times-News reports 30-year-old Philip Kienholz offered the explanation Tuesday when he was sentenced to 16 months to four years in state prison.

The Erie man had pleaded guilty but mentally ill in September to charges of aggravated assault and possessing an instrument of crime.

Erie police say Kienholz cornered the dentist while he was treating a juvenile patient, then hit the doctor in the wrist with the tire iron before running away.

At the time, police said Kienholz indicated he attacked the dentist because he was angry that the dentist wanted to prescribe antibiotics rather than pull an infected tooth.

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8 9 2 8 9 2 3 5

CYBERSAFETY: TIPS FOR NUDE CELEBS & OTHER PEOPLE

Whether it's a generous overseas prince, an unexpected "I love you" email from a friend or a "banking error" that results in a refund, the surest sign something is spam is a nice person on the Internet.

There is no such person.

Message boards, news sites, comments sections and Twitter have taught us there is no "nice" online: only the malevolent and the stupid.

Olga from Russia does not want to date you and other men over 30. You are not the illegal-download site's 100,000th visitor, with or without a balloon gif. And, okay, maybe your parents sent you an email saying they love you, but it sounds suspicious to me.

Each week there's some new security breach caused by bots on your computer or hackers in the Cloud or some damned thing.

People scramble to see hacked nude photos of celebrities they've already seen naked in the movies. CNN explains



HE SAYS
John Mazerolle
metronews.ca

some new virus that sounds like an indie band (StormWorm). A newspaper columnist comes THIS CLOSE to giving his info to a TD Bank phishing scam until he remembers, "Hey, this seems awfully *nice* of them."

Fortunately, my cynicism once again saved me from my useless trust in humankind. But what if you're a better person than me? How do you keep safe online? So glad you asked.

How to keep safe online

- Go against expectations by making your password "password." Hackers will be trying to find a more complicated password, and it

will be right under their noses! The fools!

- Conversely, mix it up with Password1. The combination of text, caps and numbers will leave them baffled.
- Remember you should never share personal information over the Internet, email, regular mail, cellphones, land-

lines, smoke signals, Morse code, by pheromone or in person.

- If looking at nudes in public, cup your hands around the edges of the screen.

- Leave so-called "Captain Kirk" code on your computer to fool any bots into a logical paradox. e.g.: "Everything this code says is a lie. This code is lying." Please note that your computer will smoke and spark for a while before shutting itself down.

- Ever notice how all security breach stories involve PCs or Macs? Tandy 1000, my friends. Tandy 1000.

- "Clean" your computer after every use by tossing it in soapy water.

- Keep your nudes in a folder marked Gideon Bible/Fi-nances/History of New Brunswick and your personal information tucked away in the Apple Terms and Conditions agreement where nobody will read it.

- Maybe don't trust your personal information to a computer storage system named after a natural phenomenon known for its impermanence and permeability. Just a thought.

Metro Bitstrips caption contest



Today's winner:
Andrew Wong



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Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 17 and 18 in Scene, page 27 in Life and page 30 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



When will Canada get HBO stand-alone streaming service?

Not for a while.

The service is likely a no-go in Canada, at least until licences with Corus and Bell expire in 2018

HBO's plans to launch a stand-alone streaming service in the United States — that will let viewers sidestep their cable company to watch popular shows like Game of Thrones and True Detective — may signal a huge setback for the Canadian companies that currently carry the programs.

While the service won't be available in Canada immediately, it demonstrates the U.S. company is prepared

to follow a growing number of viewers who are cancelling their cable in favour of services such as Netflix.

The announcement by HBO, which plans to launch its "over-the-top" next year, increases the possibility it will make inroads into Canada, RBC Capital Markets

analyst Drew McReynolds writes in a note.

But it'll still take several years because new HBO programming is under an exclusive licence in Canada to Corus Entertainment and Bell Media, until 2018, McReynolds says.

THE CANADIAN PRESS

Market Minute



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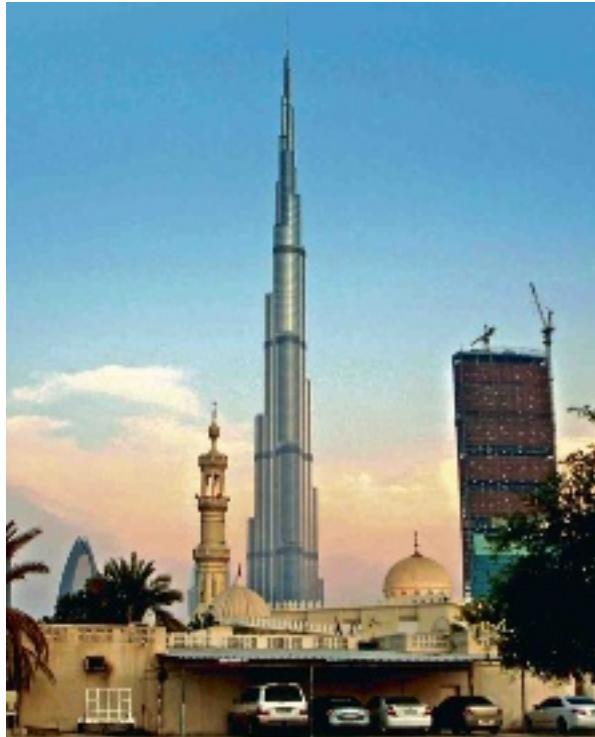


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See Dubai from the sky

The world's tallest tower, Burj Khalifa, is seen in the background next to a mosque in Dubai, United Arab Emirates, in 2011. Visitors to the Burj Khalifa can now get an even more elevated view of the Middle Eastern city. The owner of the 828-metre-tall skyscraper says that starting on Wednesday, visitors can pay to ride up to a new observation deck on the 148th floor. That is 555 metres above street level, making it the world's highest observation deck, according to Guinness World Records. To get there, visitors have to change elevators on level 125. Earlier, tourists could only go to a still-operational observation deck on the 124th floor. Nearly 1.9 million visitors did so last year. KAMRAN JEBREILI/THE ASSOCIATED PRESS FILE

Sticking it to rival?

Google releases Nexus 9 ahead of Apple's new iPad

Google has unveiled its latest tablet, Nexus 9, in an apparent effort to upstage Apple's anticipated update of its trend-setting iPad.

THE ASSOCIATED PRESS

Hit by bird flu

Chicken company gets into gaming

Ontario's Digital Extremes has been sold to the subsidiary of a Chinese company that specializes in trading and producing chicken meat. The purchase has come, in part, due to the effects of bird flu on the buyer's business. METRO

Governor weighs in

Plain cigarette packaging plan sparks debate

North Carolina's governor has written letters to French and Irish officials decrying proposals to force manufacturers to package their cigarettes in plain containers. THE ASSOCIATED PRESS

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Do you have a story to tell?

Ottawa StoryTellers.

Group promotes the art of spinning a yarn at monthly open-mic nights and features



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

Not-for-profit organization Ottawa StoryTellers has been promoting the art of oral storytelling for decades through its monthly story swaps, annual festival and feature series.

It's most recent initiative is (un)told, a chance for amateurs to tell their stories in front of a live audience.

It's made up of two sub-series — a monthly open mic and a feature series of curated stories and storytellers.

"The stories told at our events are often true, though they can be fiction, entertaining, enlightening, hopeful and sometimes hilarious," says Liz Martin, the producer of (un)told and communications co-ordinator for Ottawa StoryTellers.

"We wanted to offer both an open-mic event for people to be able to try out storytelling for the first time in a welcoming, intimate space and an opportunity to allow emerging storytellers the opportunity to take their stories further — polish them up and present them to a bigger audience — which is the reason why we run the two different types of shows."

Though the storytellers



Jacqui du Toit tells a story incorporating dance and traditional African allegories at (un)told's September feature show, Soul Preservation. PATRICK HOLLOWAY

that come out to the open-mic events are a diverse group with a variety of backgrounds, Martin says they all have at least one thing in common.

"They've all had interesting experiences that they've reflected on and have found a way to turn it into a narrative that they want to share with others."

Martin says the series has had a really positive response, so far, with roughly 30 people trying out story-

Quoted

"We wanted to offer both an open-mic event for people to be able to try out storytelling for the first time."

Liz Martin, producer of (un)told

telling for the first time since (un)told launched in February. Some have even returned to the open mic

stage to tell more stories.

"We want to give people the opportunity to try out storytelling," says Martin.

"We're giving them an intimate venue to perform in and an audience that is craving to hear original, moving stories told live. And we want new audiences to discover storytelling as an art form that is as exciting as it is down-to-earth and accessible."

For more information, go to untoldottawa.com.

If you go...

(Un)told holds a regular open mic on the 4th Monday of most months at the Heart and Crown (67 Clarence St.) in the Byward Market that is open to people with five minute-long stories to share. The final instalment of the 2014 fall feature series takes place on Nov. 13 (inside the Arts Court) featuring stories inspired by horror writer H.P. Lovecraft.



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Episode 3: Camaraderie

High on the adrenalin of finishing her first quest and levelling up, Ramona pushes deeper into the game, but quickly comes to see that she can't keep going on her own. "You see this enormous tsunami of loneliness. It's like a chant," says Dr. Sue Johnson, psychologist and author of Love Sense. Scan this photo for a video of Johnson discussing our need to connect with others.

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Neil Patrick Harris

Neil Patrick Harris will host Academy Awards

Neil Patrick Harris will host the Oscars next year.

The actor announced his latest gig online Wednesday. He posted a video on Twitter of him on the phone saying, "I'm in," showing a close-up of his bucket list and circling "Host the Oscars."

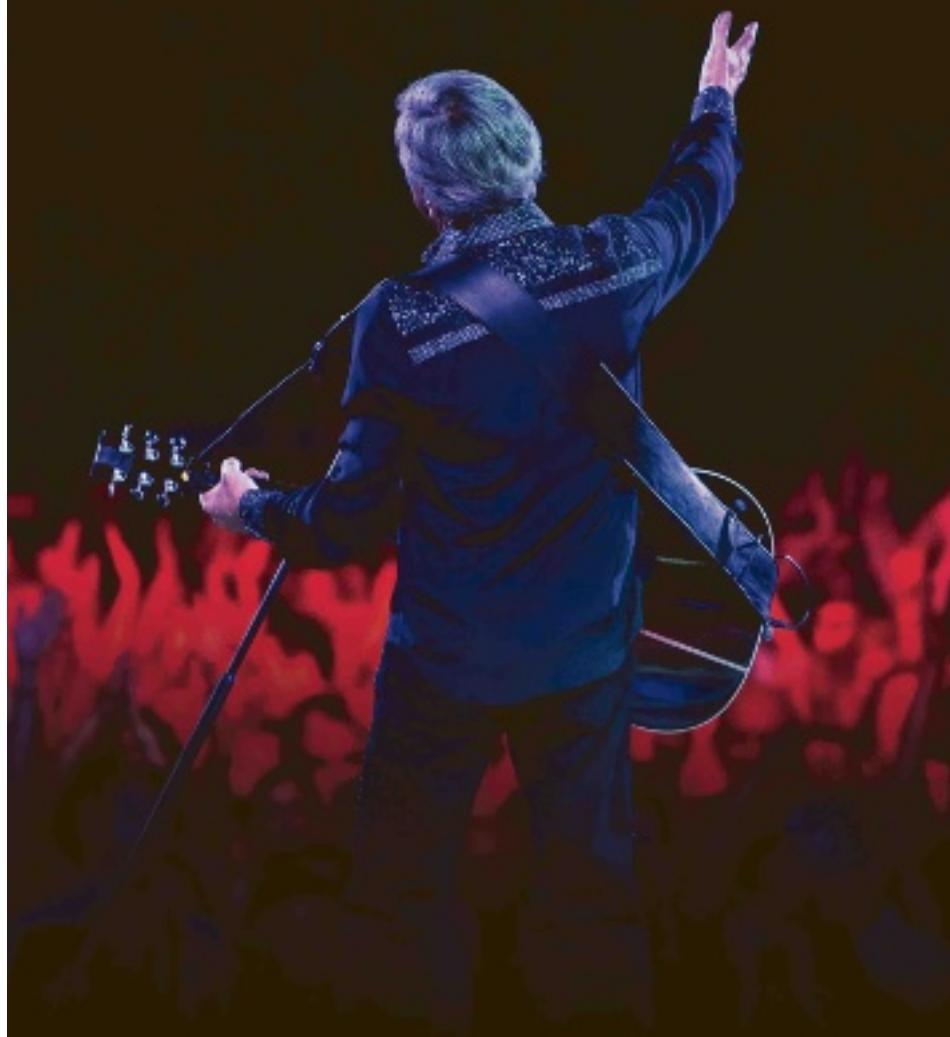
Academy Awards co-producer Neil Meron confirmed the casting on Twitter, writing, "we are so THRILLED that @ActuallyNPH will be our #Oscars host this year."

Harris has hosted Broadway's Tony Awards four times and TV's Emmy Awards twice.

THE ASSOCIATED PRESS

NEIL DIAMOND

IN CONCERT



Underdogs. Foosball film voiced by Grande, Hoult

The animated comedy Underdogs is being readied for April release, and its English-language voice cast includes singer Ariana Grande, Nicholas Hoult of X-Men, Katie Holmes of Wonder Boys and Matthew Morrison of Glee.

Central to the story is Morrison's character Jake, an introverted foosball fan who is in love with Laura (Grande) and, with her support, wins against Ace (Hoult).

Things turn bad when

Ace, now a global soccer star,

comes back to town, nabs

Laura, and starts wrecking

the place in order to build

a giant sports arena.

It's up to Jake to make

things right, and help comes

from the plastic figures atop

his foosball set.

If all this sounds familiar,

it might be because Under-

dogs was first released in

2013 as The Unbeatables. AFP



Ariana Grande joins voice cast for the animated film, Underdogs. AFP

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Javier Bardem. Actor on board for Pirates project



Javier Bardem APP FILE PHOTO

The Spanish actor is in talks to play Captain Brand, a ghost determined to take revenge on Jack Sparrow for the death of his brother, according to The Wrap.

Though earlier reports suggested Christoph Waltz might play the primary villain in the fifth Pirates of the Caribbean movie, Javier Bardem has ultimately landed the offer.

Opposite the Spanish actor, Johnny Depp is expected to

return as Jack Sparrow, along with Geoffrey Rush as Captain Barbosa. The Wrap also mentions possible appearances by Orlando Bloom and Keith Richards, which remain unconfirmed for the time being.

Helmed by Joachim Rønning and Espen Sandberg (Bandidas), the Disney feature will start production in Australia in February, with a U.S. release in July 2017.

AFP

Robert Downey Jr. Iron Man will return as part of Captain America story arc

All becomes clear in Robert Downey Jr.'s ongoing involvement in Marvel's crossover film franchises, as his Iron Man character is set to kick off a new story arc in Captain America 3. The addition of RDJ as Tony Stark/Iron Man means that Marvel's Civil War storyline is set to move from comic book page to cinema screen, with Stark and Chris Evans' Captain America on opposite sides of a gov-

America 3 is set for re-release May 6, 2016.
AFP

ernmental Superhero Registration Act. It also makes sense of seemingly contradictory talk show remarks made on October 8, when Downey Jr. told Ellen DeGeneres that yes, there would be "a fourth Iron Man movie" (her words), but later the same day told David Letterman that "There's no plans for an Iron Man 4." Captain

America 3 is set for re-release May 6, 2016.
AFP

MATT PRIGGE
Metro World News in New York

Where you've seen her:

A performer on TV and film since she was a kid, the Canadian-born actress has appeared in three David Cronenberg films, including Cosmopolis and Maps to the Stars.

Gadon also played the second Jake Gyllenhaal's pregnant wife in Enemy, and played the half-sister in Belle.

Where she is now:

She plays the goodly wife of Vlad III Tepes, a.k.a. Vlad the Impaler, in the origin story/reboot Dracula Untold.

Where she's going:

Gadon will play Queen Elizabeth II as a young princess in Girls' Night Out and appear in the thriller The 9th Life of Louis Drax, with Aaron Paul, out next year.

Which Dracula she loves the most:

"I grew up with Bram Stoker's Dracula, the Coppola version," Gadon says, citing that Untold essentially stretches out its first 10 minutes into a feature-length film. She was also a total Buffy the Vampire

Dracula Untold.

Canadian talks about her studies at University of Toronto, working on big films



Scan this photo with your Metro News app to watch a video of Sarah Gadon talking about her character in Dracula Untold, which opened last Friday. CONTRIBUTED

Slayer head growing up.

Why vampires never die (as an art form):

"We return time and again to vampires as a metaphor. It touches on basic human themes of love and death and struggle. It's a great catalyst to explore these ideas."

What Dracula Untold does to the series:

"Each version of the story speaks to its specific time. Our film is no exception. It's taking the Dracula story and putting a contemporary Hollywood stamp on it. It's using every special effect in modern technical filmmaking to add this visual element, putting it on the compelling aesthetic for which Dracula is so well known."

And it's about humanizing

Dracula (to a point):

"I think audiences are smart. They don't want to see black-and-white. They want to see a character struggling with complexity and trying to live a good life."

Graduating to giant productions after smaller films:

"I thought it was going to be hugely different, but at the end of the day it was like any film I'd ever done. You find a connection with another actor and everything in the background just fades away."

Gadon is also pursuing a degree in cinema studies at University of Toronto, with a few credits left. What she loves about it:

"I love semiotics. I love psychoanalysis and how it

Quoted

"I think when you have a film degree it helps you speak the same language as your director. It's easier to understand the visual references ..."

Gadon on how her education helps acting

pertains to film theory. I'm a big fan of Italian neorealism."

How academia helps her acting:

"I think when you have a film degree it helps you speak the same language as your director. It's easier to understand the visual references, the visual impact they're trying to make. That's important in character development. If you don't know the kind of film you're going to be in, it impacts the world you're creating."

How cinephilia helps her prepare:

"I usually like to watch a lot of movies before I start a project. I find it inspires me creatively. For this I watched a lot of samurai films. You can see the samurai influences when you watch some of these films. The hand coming out as the carriage pulls up unannounced (in certain Dracula films) is a very samurai moment. Gary (Shore, the director) asked me to watch a lot of early Spielberg stuff. The banting between men and women has the same tonal quality he wanted Luke and I to have."

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Chic-lit pioneer Becky heads to Rodeo Drive

Shopaholic to the Stars. Author Sophie Kinsella discusses her new book and its deeper themes about men and women

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Metro News New York

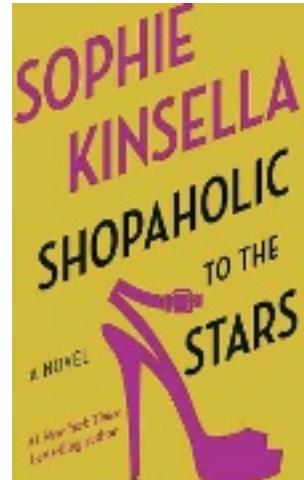
When Sophie Kinsella released Confessions of a Shopaholic in 2003, chick lit was new. But the book about romance, shopping sprees and friendship resonated worldwide and spawned a movie.

It's been four years since the last Shopaholic, but Kinsella is releasing the seventh book next week. We talk to her about how writing for women has changed, the book's deeper themes and what's next.

It's been four years since the last Shopaholic book. Why so long?

I was very eager to write another Shopaholic book, but I was also eager to write I've Got Your Number and Wedding Night, two stand-alone novels I've written in between.

Oh, and I had a baby along the way.



Quoted

"I think the world has been through its own shopaholic journey — borrow, spend, regret it, pay the price."

Shopaholic author Sophie Kinsella

Hence the slight delay.

How did you come up with the idea?

Sending Becky to Hollywood is an idea I've been mulling on for ages — especially since I was involved in the Shopaholic movie. All the time I was on set or in L.A., I kept thinking, "What would Becky do? How would she react to L.A.?" I knew she would go on quite a journey and I couldn't wait to write it.

Shopaholic To The Stars has a deep theme of how women's work is valued versus their husband's work. Is this a discussion you wanted to spark?

I never write any scenes deliberately to provoke discussion, but I do try to reflect reality as I see it. The struggle for any family to balance its breadwinning and parenting needs is definitely a big issue of today. Becky and Luke have a very real dilemma. They want to support each other, follow their individual ambitions, but remain a tight family unit. It's a tough task and I don't think there are any easy answers.

Has writing about Becky changed since the first book?

Becky has changed and grown and the world has moved on. When I started writing the first Shopaholic book, debt was not the topical subject it is today — in

Shopaholic author
Sophie Kinsella

fact, I feel like I was ahead of the curve! Now we are all very aware — not just of our own personal debt but of our nations' debts. The financial crisis shook us all up and it was weirdly satisfying writing Becky's response to it in Mini Shopaholic.

I think the world has been through its own shopaholic journey — borrow, spend,

regret it, pay the price. We're all a bit wiser now, and Becky is, too.

You were one of the first authors whose books were labelled chick lit. Was that a label you embraced?

I'm fairly relaxed about the phrase chick lit, partly because it's so nebulous. What does it even mean, exactly? No one

seems sure. But I do think it's a shame to categorize a readership as all-female before you even begin. I know I have some male readers, even if they hide the books behind sports magazines. So I'd prefer romantic comedy, or the label I saw in a bookshop once: wit lit.

You leave things a bit open-ended in this book. Can you

reveal what may happen next to Becky?

It was a lot of fun writing the end of Shopaholic To The Stars. While much of the story is tied up, there is a bit of a cliff-hanger — I'm a sucker for a cliffhanger — but don't worry, I'm hard at work writing the sequel.

Let's just say that Becky is on the road.

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LINE-UP SUBJECT TO CHANGE

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Song of Innocence



Bono

Bono apologizes for iTunes freebie

Bono says he is sorry for giving away U2's latest album for free on iTunes.

There were grumbles last month when the Irish rock band's new album *Song of Innocence* was automatically downloaded onto Apple's iTunes accounts around the world.

Some users griped that the record took up valuable storage space.

In a video interview on Facebook Tuesday, Bono took questions from fans. One fan wrote, please, no more automatic freebies. "It's really rude."

"Oops," said Bono. "I'm sorry about that."

"I had this beautiful idea. Might have gotten carried away with ourselves. Artists are prone to that thing. A drop of megalomania, a touch of generosity, a dash of self-promotion, and deep fear that these songs that we poured our life into over the last few years might not be heard." **AFP**

Pink mixes it up with Green for a folksy fresh sound

Rose Ave. Alecia Moore says she is just being herself in You+Me, her new folk duo with Canadian singer Dallas Green

Don't call Alecia Moore Pink — at least for now.

The 35-year-old entertainer is just being herself in You+Me, her new acoustic project with Canadian singer-songwriter Dallas Green.

The duo released its debut album Tuesday.

"This has nothing to do with Pink," Moore says, sitting by Green's side at Santa Monica's Viceroy Hotel.

"Pink was my nickname as a kid, but it's become this thing that I do. If you say the name Pink, you conjure up a woman hanging from a ceiling in a piece of cloth, screaming about her husband," she laughs. "This is just me and my friend Dallas. He doesn't call me Pink."

Moore and Green say they weren't even trying to create an album. They were just a couple of old friends having fun and making music.

"The fact that there were no expectations — I think

that's what made it so freeing," she says. "I felt like I was eight years old again. I just felt like I was doing it because I loved it."

The result is Rose Ave., a collection of nine original, guitar-based duets, along with a cover of Sade's No Ordinary Love. The spare arrangements on these folksy songs spotlight Green and Moore's harmonies.

"I think I sing better when I'm singing with him," she says.

Alecia Moore and Dallas Green wrote and recorded their debut album in a week, which Green attributes to their friendship and overall comfort with each other.

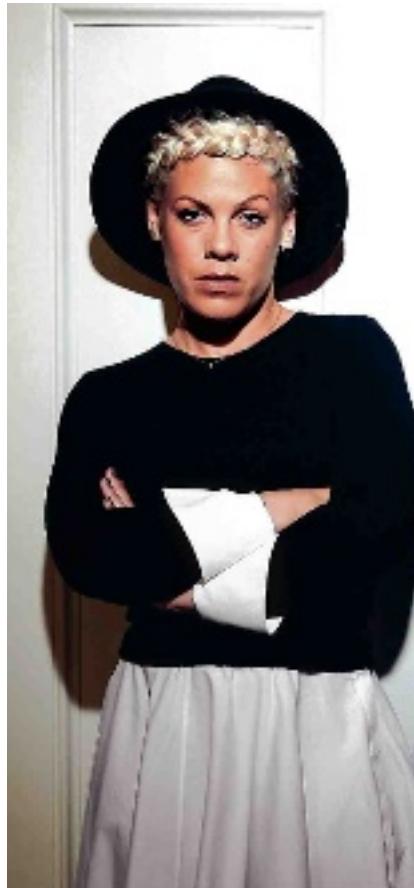
"The reason we wrote so quickly," he says, "was just because it was so energizing, the experience, I think, for both of us, because it was something different."

Since 2005, Green has written and recorded as City and Colour, releasing four studio albums.

As Pink, Moore says she tends to "write to tour."

"I'm way more of a touring person now," she says. "I'm trying to create the best thing I can create so I can do the coolest thing on the stage."

She and Green would not say if they plan to tour as You+Me.



Alecia Moore, known as Pink, and Dallas Green recorded a folk-music album as You+Me.. THE ASSOCIATED PRESS

Although Pink is on a break right now (her *The Truth About Love* tour wrapped earlier this year),

Moore promises she'll be back eventually.

"I see myself in Vegas at 60," she said, "in a tutu,

hanging from the ceiling in a piece of cloth, screaming about my husband."

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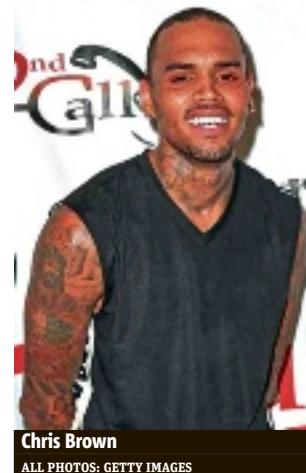
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Chris Brown holds no punches in his assessment of Ebola crisis

Oh, Chris Brown. You just can't help yourself, can you? The embattled singer decided to ruminate a bit on the current Ebola crisis, but maybe he should've just taken another BuzzFeed personality quiz or something — "Which Rihanna song are you," maybe? — because the results are, well, this: "I don't know ... But I think this Ebola epidemic is a form of population control. S— is getting crazy bruh." Indeed, bruh. He did at least follow that up with "Let me shut my black ass up!" At which point I can only assume he pummelled himself into submission.



Chris Brown

ALL PHOTOS: GETTY IMAGES

Gomez to grown-ups: 'What were you doing at 15?'

Kids can be tough enough, but Selena Gomez says she's also had to put up with grown-up haters, too. And she's had it, man. Up to here! "I get picked on by grown adults all the time," Gomez tells E! News. "It's grown-ups and I don't get it. It just baffles me. I wish I could just sit them down and say, 'What were you doing at 15? What were you doing at 18? What were you doing at 21?' Because I can guarantee you it's not half of what I've done." Maybe the "whatever, loser" tack isn't exactly the high road she seems to think it is. But apparently, it's working. "Trust me, it's hard. I've had



Selena Gomez

my moments where I've let them get to me, but I refuse to let them win," she says. Now if you'll excuse me, I have to go think about what I was doing at 15. And it ain't pretty.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Harry's party 'style' has pals concerned



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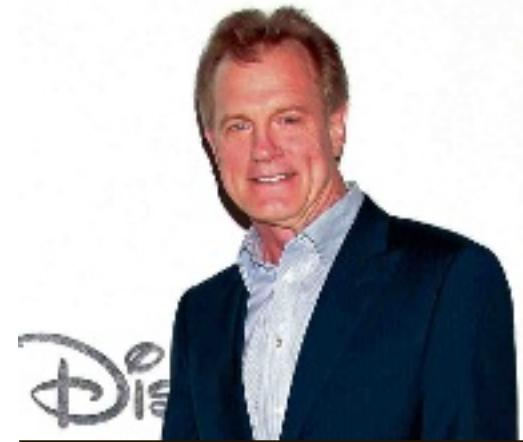
Metro World News in Hollywood

with Lily Allen. You know, that old story. Well, while he's been getting sick his friends have been worried sick.

"He has been worrying everyone for quite some time now," a source tells Radar Online.

"Those close to him have urged him to slow down. But he lives by the seam of his pants and thinks that he is invincible. Clearly, he is not."

I'm not familiar with what living by the "seam" of your pants is, exactly, but hey, language is a fluid beast. Boot and rally, Harry. Boot and rally.



Stephen Collins

Art imitating life? 7th Heaven star's latest role was a pedophile priest

This is probably not the kind of attention the filmmakers were hoping for: It turns out embattled former 7th Heaven star Stephen Collins' most recent role was in *Penance*, a short film just hitting the festival circuit, playing ... a pedophile priest. Yikes. The film screened at the Catalina Film Festival near L.A. last month, just days before the release of a tape of Collins confessing to past incidents of molesting multiple young girls. But on the bright side, it's not often a short film gets this kind of attention, so ... yay?

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3 TRENDS

PLUS HOMES

To chop or not to chop?

Cropping the front of your coif is a serious commitment. Are you ready to make the cut?

KATELYN
ZBOROWSKI
life@metronews.ca

Maybe it's the pages of fringe-flaunting celebs like Emma Stone and Karlie Kloss. Maybe it's a perfectly coiffed co-worker with a killer fringe rivalled only by her vocabulary. Or maybe it's as simple as a craving for change.

Whatever the cause, the question of the moment is clear: Should you get bangs?

Sure they're stylish and add a level of fierceness to your persona that you didn't even realize you were missing. But bangs can turn into a full-time job. They call for extra styling time in the morning, a level of round brush expertise to which many merely aspire and several months of growth should you ever decide to ditch them.

Sylvie Prud'Homme, co-owner, stylist and proud fringe flaunter at The Loft Toronto, is no stranger to the subject.

Her advice to anyone considering bangs is to "make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or top-knot."

Prud'Homme also shares that this fall it's all about the "full bang that grazes just below the eyebrow with softness at the ends". She

Do you have time for these tresses? Regular maintenance of this new do will mean frequent trips to the salon. ISTOCK

says, "by having the ends soft instead of blunt, it allows for you to wear them down or swept to the side."

Who knew bangs could be so versatile?

La Coupe Salon and Spa in Montreal is currently ex-

Insider tip

- Many salons offer complimentary bang trims in between regular appointments. Check to see if yours does while you pop in for a consult to find your answer to the big bang question.

periencing a surge of clients requesting full frontal fringes.

Stylists Melanie and Melissa credit the trend to the changing season, but also to stars who have recently debuted thick front bangs, including Taylor Swift.

Melanie and Melissa recommend assessing the health and type of your hair, as well as the condition of your scalp before making any decisions. If you have fine hair and an oily scalp, you might find your bangs look flat by the end of the day, leading to frequent washing and styling. If you don't have that kind of time (or patience) to devote to

Decisions at dawn

"Make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot."

Sylvie Prud'Homme
Co-owner of The Loft

your new fringe, step away from the scissors.

If you have thick hair and already go a day or two between washings, you're in

a better position. The next step is to consult your stylist who will help you choose the right type of bang for your face.

A square face with a small forehead, for instance, usually isn't the best match for a thick front-cut fringe. A Jennifer Aniston-inspired side swept option, however, would work perfectly.

Chad Taylor, creative director at Moods Salon in Vancouver's top advice is to "talk with your stylist to see if they'd recommend bangs for your hair texture, face shape and growth patterns," because that pesky cowlick gets a whole lot peskier with the wrong kind of bangs.



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Editor's pick

Mask your stress with La Mer

There are times when exhaustion is unavoidable: crazy work deadlines, red-eye flights and sick babies. Sadly, it shows. For days after, your skin is dull and dry, taking on a depressing sidewalk-gray hue.

Enter La Mer's Intensive Revitalizing Mask. The eight-minute treatment — packed with moisture-rich ingredients like the brand's secret Miracle Broth (a blend of antioxidants and marine ingredients) along with free-radical-fighting Lime Tea Concentrate and Glacial kelp — instantly perks up your tired complexion. Your skin will glow like you've just returned from a weekend jaunt to Big Sur rather than a torturous Swedish-Fish-fueled all-nighter.



TINA CHADHA / METRO

Canadian street style

Spotted in: Toronto

Name: Rachel

Age: 30

Occupation: Account director, Winkreative

What she's wearing

Chelsea boots, J. Brand jeans, Bangles from the Massai warriors in Kenya, Alexia Von Beck jacket, Feel the Piece shirt, Rayban sunglasses, Louis Vuitton bag.

Her inspiration

"My 96-year-old grandmother."

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Trends Report

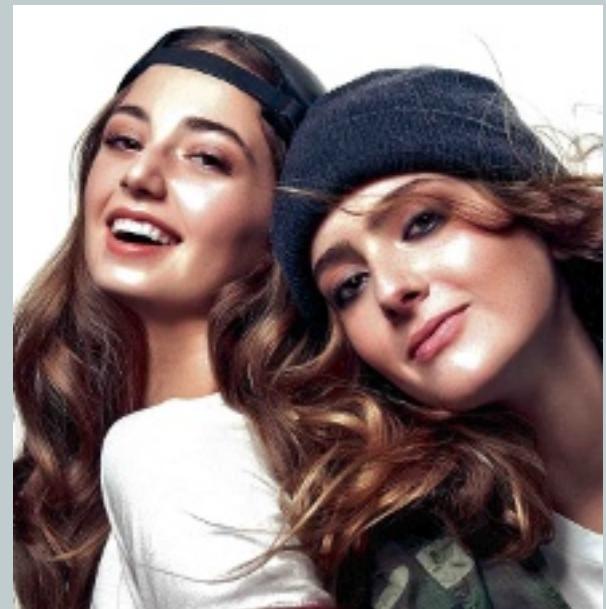
Love the barely-there makeup look? Go online to Trends Report to learn about NUDESTIX, a Canadian cosmetics company that believes makeup should accentuate a woman's natural features and not cover them up.

• Online. metronews.ca/trends-report



- Follow Irene on Twitter @MetrolreneK and Instagram @kuanirene

Photo: Canadian entrepreneurs Ally and Taylor Frankel, along with their mom Jenny (not pictured), created NUDESTIX.



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BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: SHOPPING FOR A WINTER COAT, MOST SACRIFICE WARMTH FOR STYLE. ANY SUGGESTIONS ON COMBINING THE BEST OF BOTH WORLDS? - F.L.

A: You should never give up form for function!

A chic, and stylishly warm option is the Bruna jacket from Danier. The Bruna leather jacket has been vegetable-tanned and washed for an authentic, worn-in look and feel. The best part is the lightweight Thinsulate lining, and faux fur collar will keep the winter chills at bay. The perfect balance of style, warmth and comfort!

Q: WITH FALL UPON US I AM READY TO LAYER! WHAT IS A CHIC WAY TO DRESS UP A RELAXED SWEATER AND JEANS COMBO? - A.M.

A: A chic and fashion forward way to dress up a casual outfit is to add a belted fur (or faux fur) vest over your sweater or shirt.

Pair this with a great over the knee boot, and a distressed metal cuff, and you are all set for a glamorous march into fall.

Visit H&M and Forever 21 for some great options!

Q: I'M A SIZE 16, AND I HAVE A REALLY HARD TIME FINDING CLOTHES THAT LOOK GOOD. I WORK IN AN OFFICE IN OTTAWA - CAN YOU HELP ME FIND SOME NICE CLOTHES TO LOOK MY BEST? - A.R.

A: Dressing for your body type is key in creating a flawless silhouette. Many top stylists will suggest you photograph yourself in different looks, before making your wardrobe decision. This seems to work better and give a more "honest" impression than a full-length mirror. Another option, budget permitting, is to work with a stylist. Find a professional whose work you admire, and work with him or her in creating a few looks that work for you!

Angie
ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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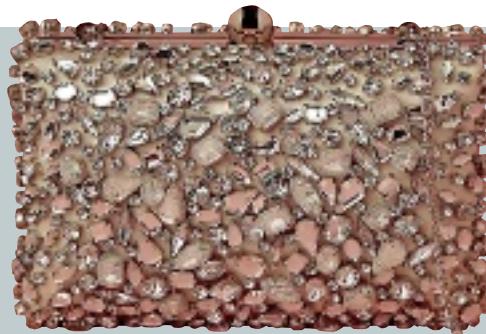
New age nuptials

From sparkly headpieces to statement necklaces, here are four fashion-forward bridal accessories from three exciting names in the wedding market: Oscar de la Renta, BHLDN, and Jenny Packham.

AFP



Orchid Enamel Necklace, Oscar de la Renta



Crystallography Box Clutch, BHLDN



Bow Earrings, Oscar de la Renta



Azore Headdress IV, Jenny Packham

And the nominees are...

Canadian couture.
Erdem, Roots, model
Daria Werbowy
among Canadian Arts
& Fashion Awards
nominees

Award-winning Canadian designer Erdem Moralioglu is in the running for yet another style honour.

The two-time British Fashion Award winner was among the nominees for the Canadian Arts & Fashion Awards announced at an event in Toronto Tuesday. The CAFAs honour homegrown talent within the arts and fashion community.

The Montreal-born, London-based Moralioglu will vie for international Canadian designer of the year honours

at the CAFAs alongside fellow Londoner Thomas Tait, who won the lucrative LVMH Young Fashion Designer Prize earlier this year. Fellow nominees in the category include Mikael D. and Steven Tai.

Canada's Walk of Fame inductee Daria Werbowy is up for model of the year alongside Heather Marks, Jessica Stam and Anais Pouliot.

Womenswear nominees include Christie Smythe and Andrea Lenczner of Smythe, Kirk Pickersgill and Stephen Wong of Greta Constantine, Mikhael Kale, Melissa Nepton and Marie Saint Pierre.

Montreal-based designer Saint Pierre is also in contention in the outstanding achievement category alongside David Dixon, Lida Baday, and Michael Budman and Don Green of Roots.

THE CANADIAN PRESS

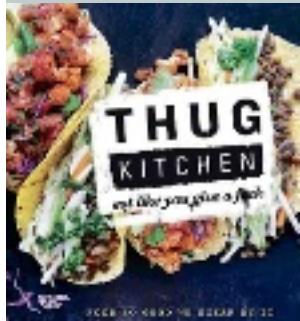


A model wears a design created by Erdem at London Fashion Week Spring/Summer 2014. RICHARD CHAMBUZY / INVISION / THE CANADIAN PRESS

One bad mother shut-yo-mouth sandwich

Cookbook of the Week

Rebel with a cause



Thug Kitchen, a wildly popular blog, brings its baba—, keepin’ it all the way real approach to a book that showcases more than 100 recipes. By taking the pretentious attitude out of healthy eats, it offers realistic advice about everything from techniques to shopping on a budget. Among the recipes are: Baked Spanish Rice, Grilled Eggplant Soba Noodles, Maple Berry Grits, Strawberry Shortcake and more. METRO

Black Bean Tortas with Coconut Chipotle Mayo.

This sh— is so real you won’t even miss that slab of beef

“A Torta is a bada— sandwich with the soul of a burrito,” writes the Thug Kitchen crew, an L.A. based duo behind the blog of the same name. “Make this mother— stat and see what your narrow sandwich world has been missing.”

1. Throw all those mayo ingredients in your blender or food processor and run that mother— on high for about a minute so everything is good and mixed. Taste and see if you want more hot sauce. Pour this all in a cup or bowl and store it in the fridge until you need it. It will thicken in there, just f— ing be patient.

2. Next, make the beans. Heat the oil in a large soup pot over medium heat. Throw in the onion and sauté it until it starts to look golden brown, about 5 minutes. Add the garlic, chili

Ingredients

Coconut Chipotle Mayo

- 1 cup canned coconut milk
- 1/3 cup of your favourite chipotle hot sauce
- 1/4 cup olive oil
- 1 tbsp ground chia seeds (Yeah, chia seeds, like the f— chia pet. They are rich in omega-3s and full of fibre. If you can’t find them, flaxseeds are an OK sub)
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Pinch of salt

Creamy Black Beans

- 1 tsp oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbsp chili powder
- 3/4 tsp ground cumin
- 3 cups cooked black beans
- 1 1/2 cups vegetable broth
- Juice of 1 lime
- Salt to taste

Torta Trimmings

- 4 crusty rolls, split and toasted
- Lettuce
- Sliced tomatoes, red onion and avocado

powder, and cumin and cook for another 30 seconds. Add the beans and broth and stir



This recipe serves four. COPYRIGHT THUG KITCHEN

that sh— up. Let it come to a simmer and then turn down the heat real low. Using a potato masher or big-a— spoon, smash up all those beans as best you can. Think chunky guacamole. Add the lime juice and then taste. Add some salt or more spices if that’s the kinda sh— you’re into. Now turn off

the heat and make a torta.

3. Grab a toasted roll and smear with a bunch of the coconut chipotle mayo. Pile a f-ton of the beans on the bottom half. In between, add whateverf— you want. Lettuce, tomatoes, red onion, and some avocado are some time-

tested choices, but be creative and sh—. Serve right away with some extra hot sauce.

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Creamy Peanut Slaw



This recipe serves four people as a side dish. COPYRIGHT THUG KITCHEN

1. Peanut dressing: Mix the peanut butter and warm water together in a medium glass until it’s creamy. Add the rest of the dressing ingredients to the sauce and mix that son of a b— well.

2. In bowl, combine all the slaw veggies. Pour the dressing over them and toss it all around until everything is coated.

Ingredients

Peanut Dressing

- 3 tbsp peanut butter
- 2 tbsp warm water
- 3 tbsp rice vinegar
- 2 tbsp lime juice
- 1 tbsp minced fresh ginger
- 1 1/2 tsp Sriracha

- 1/2 tsp soy sauce or tamari

Slaw

- 3 cups each thinly sliced red and green cabbage
- 1 carrot, cut into thin matchsticks
- 1/3 cup thinly sliced green onions



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Follow the faux brick wall

DIY. Add texture and loft style with this easy weekend project

A new home can be thrilling but is often accompanied by a long list of to-dos. Over time, the excitement can begin to fade while that list continues to grow and often becomes overwhelming. Sometimes all it takes to get going again is a bit of inspiration. Here is something that will dress up a dull wall and liven up any home: a faux brick wall. In just one weekend, you can embrace the warmth and modern edge of this DIY project.

Home reno moments

Catch all new back-to-back episodes of *Rescue My Renovation* on Thursdays at 10 p.m. ET/PT on DIY Network Canada for some of the best and worst moments of home renovations.

Preparation tips

- Consider the weight of the bricks and surface area; additional material may be required to help the wall support the brick.
- Avoid directly applying the brick to a painted surface — make sure to sand the area.
- Measure the wall to determine the amount of veneer brick required.
- Cut several bricks in half before applying to the wall — this will help create a more natural look.
- Check your local building codes and always use safety gear and assistance if necessary. Local hardware stores are always a good place to start.

Getting it done

Begin at the bottom corner of the wall and apply mortar. The first layer will consist of full-sized veneer bricks. Once complete, prepare wood strips, about a half-inch wide, to create space between the first and second layer for

grouting. Start the second row with a half brick then continue with full bricks to

break the joints of the row below. Begin the third layer with a full-sized brick and the fourth one with a half-sized brick. Continue this alternating pattern until the wall is full and allow the brick to dry.

Final steps

Once everything is dry, prepare a mortar mixture to grout the joints of the bricks. Use a grout bag when applying it to the joints and take your time

with this process. Wait for the grout to set. Once dry it will crumble like sand when brushed. Use a stiff brush to scrub and clean the bricks. Don't worry if the bricks are messy or uneven, it provides a more authentic look.

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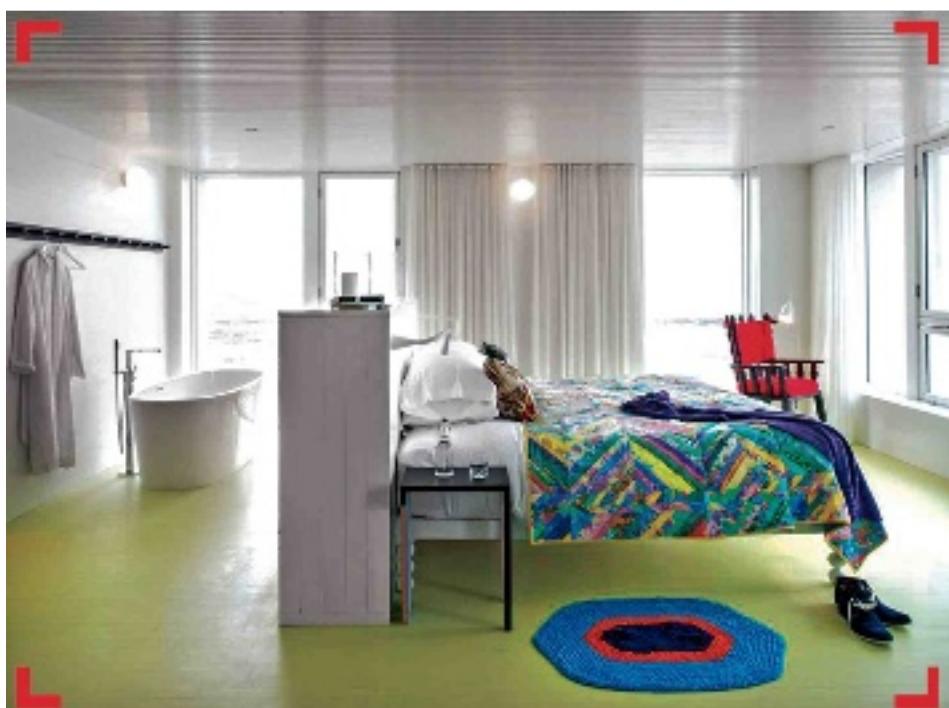
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Each Fogo Island Inn guest room boasts modern lines, impeccable craftsmanship and natural materials sourced on the island. From furnishings to wall hooks and quilts, handmade touches are discovered everywhere. Scan this photo with your Metro News app to watch a guided video tour with yours truly of a room at the Fogo Island Inn in Newfoundland. CONTRIBUTED

Fogo Island Inn: Where handcrafted meets high design

Hotel to home. Finding style inspiration off the coast of Newfoundland



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

Set on the northern edge of Fogo Island, N.L., is a Nordic-inspired, modern structure that seemingly disappears into the sky with its grey, fog-like colour. The Fogo Island Inn is as sensible in its design as it is thoughtfully hand-crafted. Built just two years ago, the inn's design is not only a nod to the past, but an appreciation for a modern esthetic that strikes a balance with comfort. From high-gloss beadboard ceilings to the locally handmade quilts, crocheted mats and furnishings, there are details any design enthusiast will take home to inspire their next decor project. Art does not hang on the walls of Fogo Island Inn. Instead, practical furnishings and accessories become sculptural interests throughout. Want the hand-crafted look for your own space? Here are a few decor accessories that are currently available in the marketplace.



Snuggle up to a handmade quilt. They will become heirloom art for the bedroom. Make It Patchwork Quilt, \$349, UrbanOutfitters.com.



Crocheted pillows, mats and seat cushions make for handmade touches at Fogo Island Inn. Get the look with the Plum & Bowis Crochet Medallion Hook, \$12, UrbanOutfitters.com.



A coat of black paint instantly gives something a personal touch. Ryssby Black Nightstand, \$129, Ikea.com.



Mixed materials of cloth, rope and wood offer a thoughtful handcrafted look. Magical Thinking Cloth Wall Pocket, \$40, UrbanOutfitters.com.



Easy-to-apply real wood veneer strips create a casual chic focal wall. \$500, EuroCorkWallDesign.com.

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Canadians ready to act against hunger

World Food Day poll shows concern is high

A new Ipsos survey commissioned by the international development organizations Development and Peace and the Canadian Foodgrains Bank reveals that a majority of Canadians are concerned about world hunger and want to take action in the struggle against it.

Released today on World Food Day, the survey, which had 1,002 respondents from across the country, showed that over 60 per cent of Canadians are concerned about world hunger, and that 65 per cent believe that funding programs that support small family farmers in developing countries to be the most effective way to reduce hunger.

Canadians, however, underestimated the number of those suffering from hunger, with 42 per cent placing the number below 500 million, and another 26 per cent admitting to not knowing. The United Nations World Food Programme estimates that there are actually 805 million undernourished people in the world today.

The survey also indicated that a majority of Canadians believe that they can play a role in the fight against world hunger, mainly by



Peasant women in Haiti are earning better incomes from their crops thanks to support from Development and Peace. CONTRIBUTED

donating to organizations that support small family farmers in developing countries, calling on the Canadian government to increase funding for international aid aimed at helping small family farmers, and by making lifestyle changes, such as wasting less food.

The theme for this year's World Food Day is Family Farming: Feeding the world, caring for the earth, which highlights the essential role

of family farming in eradicating hunger and poverty.

"We have seen time and again how our programs that support small family farmers can have a real impact on the quality of life of their families and their communities," says Michael Casey, Executive Director of Development and Peace.

"It is really encouraging to see that Can-

adians are making the connection that small family farmers need our solidarity if we want to see an end to hunger, and are willing to show that solidarity through concrete actions," he added.

Development and Peace works with grassroots organizations in Africa, Asia, Latin America and the Middle East whose projects are aimed at eradicating poverty and addressing issues of injustice faced by groups that are marginalized, such as women and indigenous communities.

The organization is currently running a campaign called Sow Much Love that draws attention to the challenges faced by small family farmers in developing countries, including diminishing access to seeds. As part of the campaign, Canadians across the country are signing a petition to ask that Canadian policies and programs support small family farmers, and protect their right to preserve, use, and exchange seeds.

"When a mother in Haiti tells you that she can now send her children to school because her crops can fetch a fair price, it is truly uplifting. We want to make sure that we keep going in the right direction, and Canadians can help do that," said Mr. Casey.

To learn more about Development and Peace, visit devp.org.

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 A photograph of a woman wearing a wide-brimmed hat and a grey shawl, smiling. She is holding a handful of dark soil in her right hand. To her right is a graphic of a wheat stalk with many long, thin awns. The background is a bright blue sky with a few white clouds.

Kings

Muzzin signs on for five more years

Defenceman Jake Muzzin has agreed to a five-year, \$20-million contract extension with the Los Angeles Kings.

The defending Stanley Cup champion Kings announced the deal Wednesday. Muzzin's new deal keeps him with the Kings through the 2019-20 season.

Los Angeles signed Muzzin as a free agent in January 2010 after he went undrafted in 2009, and he has evolved into a solid NHL defenceman over the past two seasons.

Muzzin has 41 points in 132 regular-season games for the Kings, and he added 15 points in 43 playoff games over the past two seasons.

THE ASSOCIATED PRESS

Mixed martial arts

Fighter breaks arm sparring, goes ahead with bout

Edmonton welterweight Ryan (The Real Deal) Ford faces possible sanctions after admitting he stepped into the cage with a broken arm to face Jake Shields on a World Series of Fighting card last week.

Ford lost but made no apologies for going ahead with the bout after injuring the arm while sparring. "It's something that happens in this sport when you're training," Ford said in an interview Wednesday. "It's not like we're playing ping-pong."

Ford says he should not face sanctions because he passed all the medicals. THE CANADIAN PRESS

Sens eye a reversal of fortune at home

Canadian Tire Centre.

Ottawa failed to top 20-win mark in its own rink last season

The Ottawa Senators hope to make the most of home-ice advantage this season after giving up too many valuable points at Canadian Tire Centre in 2013-14.

After a successful season-opening road trip (2-1-0), the Senators play their home opener Thursday night as they host the Colorado Avalanche in the first of a four-game homestand.

Players and coaches talked Wednesday of the normal excitement to play the home opener, but more important is setting the right tone for the season. "It's a brand new season and we have to start things differently," said head coach Paul MacLean.

"I think this year coming home we've gained some momentum from our games on the road and we need to bring that to the rink (Thursday) night and start with one game. We've got to make sure we're ready to play and play hard."

The Senators finished with an 18-17-6 record on home ice

Tightening up on D

Better defensive play has been the theme for the Senators since the first day of camp, and coach Paul MacLean has shown little patience for those already making mistakes.

- Jared Cowen found himself on the bench for much of the third period of a 3-2 shootout win in Tampa Saturday night after he was on the ice when the Lightning scored the tying goal.
- He was a healthy scratch in Ottawa's 1-0 victory over the Florida Panthers on Monday night and could be again on Thursday night.

last season, compared to 19-14-8 on the road.

It marked just the second time since 1997-98, minus the shortened lockout season, that they failed to win 20 games on home ice.

The Senators finished last season five points out of the eighth and final playoff spot and players can't help but wonder how a few more wins at home might have altered their season.

"We've got a good crowd behind us here and we need to find a way to use that energy and find ways to win games," said Clarke MacArthur.

"It's the first of four home games we want to start on the right foot." THE CANADIAN PRESS



Senators goalie Craig Anderson and forward Mark Stone celebrate after their 1-0 win over the Panthers on Monday night in Sunrise, Fla. The Sens play their home opener on Thursday night. WILFREDO LEE/THE ASSOCIATED PRESS

Royals rule AL with sweep over Orioles



Royals closer Greg Holland reacts after defeating the Orioles 2-1 in Game 4 of the ALCS on Wednesday in Kansas City. MATT SLOCUM/THE ASSOCIATED PRESS

Crown these Royals the American League champions.

After nearly three decades spent trying to return to the playoffs, Kansas City is taking its perfect post-season ride all the way to the World Series.

With more dominant defence, an opportunistic offence that plated two runs in the first inning, and a bullpen that shut down the Baltimore Orioles once again, Greg Holland and the wild-card Royals wrapped up a sweep of the AL Championship Series with a 2-1 victory on Wednesday.

Crucial Game 4

The San Francisco Giants took a 2-1 lead into Game 4 of the NLCS against the St. Louis Cardinals on Wednesday night. Go to metronews.ca for the result.

Next stop: The Royals' first Fall Classic since 1985. They'll face the winner of the NLCS between the Giants and Cardinals.

"It's been an amazing run. This is great," said left-fielder Alex Gordon, who made another jarringly catch. "We've been playing pretty good baseball. It's nothing better than when you win. Today, same old story: good pitching, good defence and scratch out a win."

Outfielder Lorenzo Cain was selected MVP of the ALCS, batting .533 and leading an outstanding defence.

Kansas City will host the first two World Series games beginning Tuesday. THE ASSOCIATED PRESS

4
SPORTS

A certain Tom Brady stands in the Jets' way

Too late? Desperate Jets visit New England in search of a miracle

The New England Patriots turned their season around in plenty of time.

It's probably too late for the New York Jets, especially if they drop their sixth straight game when they visit the heavily favoured Patriots on Thursday night.

"We're desperate, to say the least," Jets coach Rex Ryan said.

The Patriots (4-2) quickly recovered from their low point, a 41-14 loss to the Kansas City Chiefs that unleashed speculation quarterback Tom Brady was slipping and coach Bill Belichick's genius was fading.

Unlike the decline of the Jets (1-5), that slide lasted just



Tom Brady and the New England Patriots looked like an elite squad again after Sunday's 37-22 win in Buffalo. Scan the image with your Metro News app for more NFL notes from around the league Wednesday. BRETT CARLSEN/GETTY IMAGES

one week. A 43-17 rout of the NFL's last unbeaten team, the Cincinnati Bengals, took care of that. And they followed it

with a 37-22 road win over the Buffalo Bills.

"We'll have to keep perspective," Brady said, "not

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Before Connor McDavid gets the opportunity to take the ice at Bell Centre or Air Canada Centre, his stage is Erie Insurance Arena. FRANK GUNN/THE CANADIAN PRESS

Connor McDavid. Erie Otters' teenage star OK with 'crazy' expectations

Here, in this working-class town of 100,000 in northwestern Pennsylvania, a star is being born.

One day, Connor McDavid will take the ice at the Bell Centre and Madison Square Garden. But for now, he's happy to call Erie home.

"I love it here," said McDavid. "It's great. I'm sure you've only seen the downtown part of Erie and it's not particularly nice, but where we all live, it's beautiful. It's a great area."

At least a two-hour drive from Ontario and far even from such OHL hot beds as Kitchener or London, McDavid is just far enough away to keep the spotlight from blinding him.

"There's less media, there's less outside attention, and as a player who's focused on the team and developing himself, I think that's a huge benefit for him to be here," said Jay McKee, the Erie Otters assistant coach and former NHL defenceman.

No matter where he plays, the 17-year-old McDavid attracts attention. He's being touted as "the next one" and is the front-runner to go first overall in the 2015 NHL draft as a once-in-a-generation talent.

Experiencing a lifetime of

hockey hype before turning 18 has prepared McDavid for every bit of what he's facing in his draft year. He's conditioned to deflect the attention rather than absorb it.

"It's all right," McDavid said during a recent pre-practice interview.

Dominating hockey is still fun for McDavid. But being unquestionably the best player in junior hockey and the presumptive No. 1 pick sometimes comes at the cost of what he called "crazy and unreachable" expectations.

"Sometimes that can be a little bit stressful and annoying," McDavid said.

McDavid, who was born in Richmond Hill, Ont., and grew up in nearby Newmarket, put up seven goals and 11 assists in his first six games this season, leading the Otters to a 6-0-0 start. At that three-point-a-game pace, he'd enter or surpass the territory of what Sidney Crosby did with Rimouski Oceanic of the Quebec Major Junior Hockey League at the same age.

"Usually one or two times a game you see something that you just didn't expect," Otters coach Kris Knoblauch said.

THE CANADIAN PRESS

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You trust your judgment but can you trust the judgment of people who, in your eyes, have yet to prove themselves? You may have no choice today as the planets suggest that your fate is in their hands.

♉ Taurus

April 21 - May 21

It will be clear today that you've been moving in the wrong direction, and that means you must change course right now.

♊ Gemini

May 22 - June 21

Life is good and getting better by the moment, so why are you so fearful? No doubt it has something to do with Mercury, your ruler, in one of its retrograde phases. Don't worry.

♋ Cancer

June 22 - July 23

Be more flexible when it comes to emotional relationships. With so much cosmic activity in the domestic area of your chart loved ones may be difficult to handle but will respond to gentle understanding.

♌ Leo

July 24 - Aug. 23

Your words have been misrepresented, but you don't have to kick up a fuss about it. Just explain, in plain language, what it is that has upset you.

♍ Virgo

Aug. 24 - Sept. 23

Mercy, your ruling planet, urges you to focus your energies in one direction today rather than spread yourself thin.

♎ Libra

Sept. 24 - Oct. 23

You know what you want and you know how to get it but with mind planet Mercury still moving retrograde can you be certain you have made the right call? Give it a day.

♏ Scorpio

Oct. 24 - Nov. 22

The planets will help you see through the web of deceit that people have created and by the end of the day you will have no doubt what the truth is.

♐ Sagittarius

Nov. 23 - Dec. 21

You may not be sure where an idea came from but you can and you must make good use of it. If you don't, a rival most certainly will.

♑ Capricorn

Dec. 22 - Jan. 20

It would appear that someone has been telling lies about you or putting you down. Find out who it is and who they have talked to, and make sure you put the record straight.

♒ Aquarius

Jan. 21 - Feb. 19

You know what is and is not possible and have no intention of letting daydreams lead you astray. That's good. You must deal only in facts.

♓ Pisces

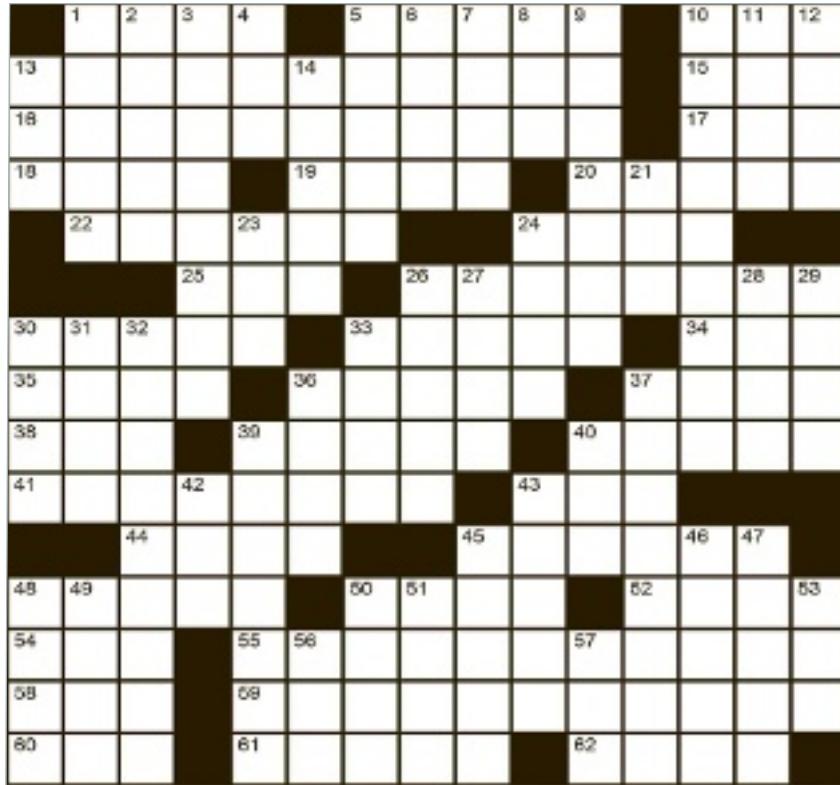
Feb. 20 - March 20

Something that has been a mystery will no longer nag at you as of today. Once the mystery has gone, the fear and worry that came with it will disappear as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Amsterdam's locale, briefly
5. NBA's Heat city
10. Extinct bird
13. 1963 The Crystals smash: 4 wds.
15. Matt ___, Canuck singer/songwriter
16. Who #41-Across teaches on "How to Get Away with Murder", new on CTV: 2 wds.
17. Frostiness
18. "What's ___ for me?": 2 wds.
19. Loaf
20. Bay of Fundy's are famously high
22. Whine
24. Gent's gender
25. Not 'twas
26. 1845 + Arctic + Northwest Passage = ___ Expedition
30. Bedlam
33. Leave the house: 2 wds.
34. Chemistry, e.g.
35. Owen ___, "Star Wars" (1977) character
36. Wounded by a bull
37. Forsaken
38. Female sheep
39. Openings-for-coins
40. Broadway awards
41. Professor ___ Keating (Viola Davis' role on #16-Across)
43. Cavity
44. Defeat
45. Magic bunny's hideout: 2 wds.
48. Drive
50. Prime Minister of Israel from 1969 to 1974, Golda ___ (b.1898 - d.1978)
52. Moisturizer content
54. Beatles: What



Magill called herself

55. The Manitoba Museum attraction, it's astronomical!
58. Unwell
59. Canadian supermodel Linda
60. Actress Ruby
61. Wallet items
62. Batches

Down

1. Some flatbreads
2. Astronomer Mr. Hubble
3. Tortilla chips brand
4. Tap temperature
5. Of a method
6. "Mockingbird" by ___ & Charlie Foxx
7. "Rule, Britannia"
8. Bon ___ (Witticism)
9. Music-themed Canadian show of 2004 to 2008, "___ Star"
10. Canadian musician/painter/activist, ___ Joe
11. Ron Howard role
12. Syl ___ Hockey Hall

- of Farmer
13. Gladiator's 551
14. Regulations
21. Type
23. ___ for Vancouver
24. Queen ___ Gulf (Icy resting place of HMS Erebus, the recent headlines-making ship, as per #26-Across)
26. Strength
27. Egg masses
28. Bass is Base hit: ___
29. Writer Anais'
30. Actress Ms. DuVall
31. Actress Goldie
32. Land in Disney's "Frozen" (2013)
33. Gunks
36. Flippant
37. Casanova
39. Drank loudly
40. Value a valet
42. ___ you serious?!"
43. Door: French
45. Modelling legend Cheryl
46. "He's making ___ ...": What Santa's doing in the famous carol
47. Hypes
48. Slipped
49. Scrabble piece
50. Lady's address
51. Feminizing suffix
53. Fashion label, ___ Savahl
56. Nero's 56
57. Totally

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	8	9	4	7	1	8	2	5
7	6	2	5	9	3	8	4	1
1	4	5	8	8	2	7	3	9
6	3	4	7	2	5	9	1	8
5	1	8	6	3	9	2	7	4
2	9	7	1	4	8	3	5	6
4	2	1	3	8	6	5	9	7
9	5	6	2	1	7	4	8	3
8	7	3	9	5	4	1	6	2

	4	6	5	
5		8	9	6
	7			9
6	4			1
	7			2
3	9		7	4
	1			2
2		9	7	5
	2	3	8	

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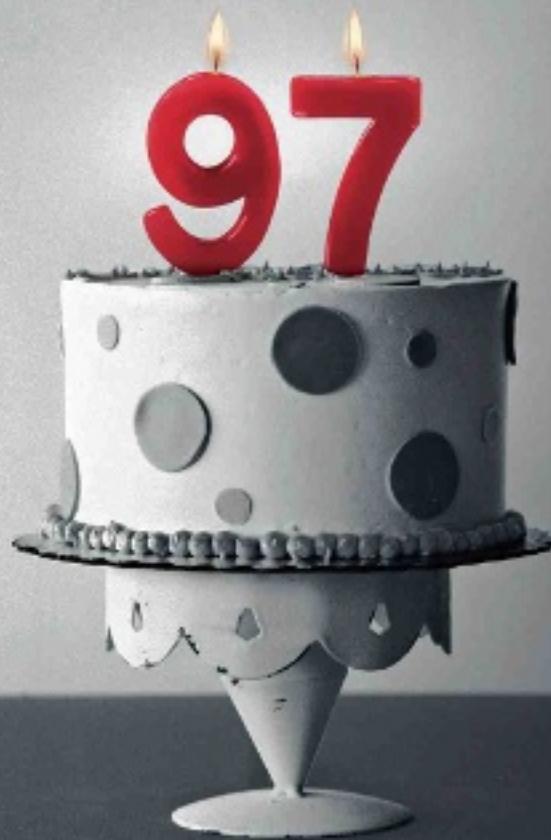
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